



# Washington Message

# NEWS



Editor  
J.L. Hatch

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Snohomish, Wash

Assistant Editor  
Ruth Williams

## Profit or LOSS?



## Business of Living

Of all business, the BUSINESS OF LIVING is the most important and perhaps the least understood.

Few of us think of living as a business. We usually accept it as a natural, biological consequence and give it little thought, save when for some cause or other, it fails to carry on comfortably. It should be and is our special business to make living a business and learn to conduct it as such.

Fortunately for us, Nature takes a hand in the game, and out of the usual hodge-podge of indiff-

erent living habits, manages to salvage a degree of health and efficiency. Although the average individual may seldom be utterly ill, the efficiency peak is not maintained for any length of time. The majority of us are seldom more than half well most of the time. We know very little about ourselves and less about the food upon which we live. The average person does not realize that human energy is simply food transformed and vitalized. If we are to take over the business of living, it is fundamental that we have and teach others some conception of our physical, chemical, and mental selves, and as well, be in possession of some simple basic facts about food, heat, light, water and its relation to efficient living.

It is the purpose of our A.A.M.M. and of this little paper to briefly review these fundamentals. We hope it is designed to provide a foundation and that it will be found invaluable as a guide in this BUSINESS OF LIVING.

Sincerely yours, THE EDITORIAL STAFF

"Old Faithful", P.R. Canaday gives us this month from his wealth of experience: "SOMETHING YOU MIGHT LIKE TO KNOW."

Do you ever have patients suffering with gall bladder or kidney stones? Have you had them tell you the doctor said they had to have an operation for the same, and that nothing would dissolve or remove them but the knife? This is the usual story, but would you like to have me tell you something that is within the reach of all, and IT Works! But to be in style you will say "If it doesn't work, see your doctor." But if used Discreetly will keep both the doctor and the Knife away. Yes, it is the Good old apple and the good old olive. They will keep the Doctor away.



Do you know the value of the apple in juice and the olive in oil? Here you have the remedy, the malic acid in the apple and the oleic acid in the olive oil have a tendency to soften and dissolve to the consistency of mud in some cases, or in others to small green substances. I well know this is contrary to medical opinions, but the following program will convince any who are not too stubborn to try. Now it isn't a shot in the arm, neither is it a hand full of pills, but food like God made it. A two day apple juice diet is a valuable neutralizer and cleanser of the body, a house cleaning inside the various rooms.

#### A DIET FOR GALL AND KIDNEY STONES

8 A.M. 8oz. apple juice, Drink slowly	A plain water enema at night to
10 A.M. Two 8 oz glasses apple juice	cleanse the colon.
At 12 noon, 2 P.M., 4 P.M., 6 P.M.,	REPEAT THIS THE SECOND DAY.
8 P.M. two more glasses each time.	

On the third day at 8 A.M. drink two glasses of juice. One half hour later take 4 oz. olive oil washed down with apple juice if desired. If you feel weak after this ordeal, lie down and rest. As a rule this will start working in an hour or so. Watch every elimination for waist matter, possibly in the form of green substance or muddy sediment. The kidney stones are generally entirely dissolved and eliminated through the urine. The diet can safely be taken for the third day and the oil taken on the fourth day. This can be repeated in a month if thought best. Break these diets with fresh fruit and butter milk several times a day. (Its worth a try.) A good steam bath and massage will add to its value.

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COPYS OF THIS ISSUE ARE BEING MAILED TO THOSE WHO HAVE DROPPED OUT FOR NON-PAYMENT OF DUES AND WE HOPE AFTER READING THE PAPER THAT EACH ONE OF THEM WILL SIT DOWN AND MAIL THEIR DUES TO F.E.BLOOM, 15 N. LACEY, SPOKANE 24, WASH. AT ONCE. We need you and you need us!

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The name of John Murry was inadvertantly omitted from the list of members last month, also the address of Alvis R Armstrong, 201 N.E. 9th Street, Wenatchee, Wash. was given as Port Townsend. We are sorry for these errors and apologize to each of you.

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Wanted; Experienced Masseuses for lady assistant.  
Herold Hefley  
Pro Arcade Bldg. PERRY, IOWA.

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For Sale: 1 Howard light and vapor Cabinet  
1 copy 25th Edition "Grays Anatomy"  
1 copy 3rd Edition "Functional Foot Disorders"  
Charles E Hodgman, R.2, Box 306, Everett, Wash.

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#### OUR SYMPATHY TO DR. BROOKS

We have just learned of the recent death of the father of Dr. Charles Brooks of Decatur, Ill, editor of the "Masseur". From the information we have, the cause was a car wreck in which Dr. Brookd also had his nose broken. Our sympathy and best wishes go out to Dr. Charlie and we hope his modesty will not forbid him to give us the details in the next issue of "The Masseur".



### Seattle Local Meet

Seattle Branch of the A.A.M.M. met Sun. P.M. Jan. 15 with Regina Williams as hostess. Meeting was called to order by Pres Canaday, followed by prayer by Mr Mann. Chair explained that he has appointed John Murray as "floor leader" to help with pushing the order of the day through. It was decided hereafter to keep the business meeting formal and close at a definite time and follow with demonstrations and lectures to be known as the Educational Period. It was decided to have a set meeting place instead of meeting in the homes as has been the custom of the past year. Place will be announced in the next issue. Mrs Millicent Markus gave an interesting talk on Multiple-Sclerosis and Mrs Carrol Niedfelt was presented with a certificate of Honorary Membership.

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### Pls- Pleas- Pleas- Please- P\*L\*E\*A\*S\*E

Members: "The Masseur" has just come out with a "best yet" number and we believe the editor Dr. Brooks will go along with your editor in saying a part of the credit goes to those who have made contributions in the form of what ever was most on their minds. But, We have nothing in reserve for the next issue here in Wash. so get busy and send in an article. You will feel better when you have done it and our National paper will be a better magazine because you have done your part.

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Up to press time we have had no news for an Oregon page. We hope all well in Oregon and that we will find them represented in the next issue of the Washington "Massage News".

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### \*EDITORS COMMENTS\*

"ASSOCIATION MEMBERS FALSELY ACCUSED" heads an article by our Nat. Pres. D.S. Carlson in the Jan. issue of the "Masseur" which should be read by every one in the profession whether they are members of the A.A.M.M. or not. The article referred to an A.A.M.M. member who had been falsely accused of practicing Chiropractic. Mr Carlson closes his well written letter by saying, "In this case it was fortunate they tackled an A.A.M.M. member who had the support of a National Organization. This situation will be repeated in any state where the Chiropractors have legislation in their favor. We urge all practitioners of Massage to seek membership in the A.A.M.M. and work diligently for massage legislation in your state! Anyone reading this who is not already a member and would like the full context of Dr Carlsons letter may write the editor to this paper and we will be glad to see that you get a copy.

Members, let us, each one, make it a point to take the Jan issue of the "Masseur" to at least one non-member, get them to sit down with the paper in their own hands and read the article referred to above, then to your best to sell the Idea of joining, RIGHT NOW!

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### DELINQUENT DUES \*\*\*\*\* DELINQUENT MEMBERS

According to our National Constitution all members who have not paid their dues by August 31st of each year are DELINQUENT. Now we find a lot of our members in Washington have been dropped from the rolls. Not only did they not pay their dues in August, but they didn't pay them in September or October either, and now they have been scratched from the rolls. Our National Constitution says that these members are to be notified by the Secretary that they are dropped, and they are to appeal to the Board of Directors to be reinstated, if they desire to be reinstated. Their



decision will be final. Please read the entire instructions beginning on page 11, section 7 of the constitution and extending through section 8-9.

It does not say that they must appeal to the National Board of directors, it says BOARD OF DIRECTORS, so we may assume that these members could be reinstated by our Washington State Board of Directors, who are Ruth Williams, Bertha Reager, Blossom Guntley, Russel Soper and Jossie Smith. Since the real responsibility of the A.A.M.N. rests on the Board of Directors, it looks like the Board has a job. All of us know that times do come when the members can't pay their dues,,, but we also know that some members are not exactly sold on any organization, and that it is the job of our "Elders" to forever sell these members on the worth of our association. Both by letter, word of mouth and by editorials in the paper.

We can point to several important happenings this year that have made our Association very important to a number of our members to say nothing of the prestige and power it is gaining. These things should be pointed out to those members who are scratched off. Our Board should recommend in some cases that these members be reinstated.

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Your editor has often heard of people talking to themselves, may have been guilty of doing it but this is the first time he has ever witted to himself but here goes--(The letter from G.F.K. asking for help came through the assistant editor.)

Dear Editor,

It would of course be nice to know more about G.F.K.'s patient but on the little information given I would proceed as follows. Take patients blood pressure, give from 3 to 6 colonic irrigations. After the first colonic, give a plasmetic therapy treatment. If you have no plasmetic, give a steam bath, then massage. Before the massage, wrap the ailing leg with cold compresses up to about 3 inches above the swelling. Keep this leg elevated about 8 inches while giving the massage, leaving this leg until last. Now with patient on back, sit on the massage table, put her foot up on your shoulder, massage regular technique from knee to hip, now massage foot to knee with efflurage only after two or three treatments, when the swelling has gone down, use regular massage over the whole leg. After completing massage have patient lie on cot or bed on her back with buttocks up to the wall and legs straight up for 20 minutes. Let us hear how you come out.

Fraternally,  
J.L. Hatch

P.S. Don't see a G.F.K. on our membership list, how about joining?

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underserved

We have been receiving ~~many~~ compliments on the dressed up Christmas number. Credit for the "new look" should all go to Blanche Flury, talented daughter of Ruth and Jess Williams of Kennewick, who got busy and really talked to the december number by hand. Thanks for the compliments folks and we herewith pass them on to Blanche Flury.

(Ed.)

THOUGHT FOR TODAY: REPROVE THY FRIEND PRIVATELY,  
COMMEND HIM PUBLICLY.

Proverb

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Dear G.F.K.;

Recently I had a case such as yours, where massage on the leg had failed to do the job. My answer to the problem was a complete body massage extra attention to the afflicted leg and foot, as the cause of the trouble was found elsewhere in her body. Hope this helps you to find the cause.